



GR8 AS U R Ideas for home learning

<p><u>GR8 M8</u> <u>(friendship)</u></p>	<ul style="list-style-type: none">- Choose 5 of your favourite characters from books, TV or films. How are they a good friend to others?- Play a game with a friend or family member via video calling.- Write a card, a letter or draw a picture for someone who may be vulnerable or someone you are unable to see.- Create a new story/video game using the GR8 AS U R characters (DizzyO, Dude, Crumz, Slick, Redit, GrannyB and Miss Chop Chop-these characters have now been updated to teenagers for UKS2, which you will see in September!).- Create a friendship cake or pizza. What does each ingredient represent?- As a family describe each other by saying the ways in which each other are great (tells great jokes, is caring, gives the best cuddles, is good at football etc).- Ensure you respect each other's time to relax. You could try meditation, yoga or mindfulness by yourself or as a family.- Keep in contact with your friends and family. If there is a large group of you take it in turns to set a quiz or activity you can do together.- Create community art trails or quizzes.
<p><u>CANDO</u></p>	<ul style="list-style-type: none">- Set yourself a family/household challenge that



<p><u>(growth mindset)</u></p>	<p>you can work towards over the next few weeks (eating a new food or meal each week, setting a goal of how many miles you could walk or cycle, how many books can you read as a household etc).</p> <ul style="list-style-type: none">- Create a challenge board of things you would like to achieve and cross them off once completed. Make them short, medium and long so you have some variation.- Learn a new skill.- Teach someone in your household something you can already do. Think carefully about how best to teach them and the language you would use to motivate them.- Make a wish list of things you would like to do or things you would like to achieve in the future.- List the qualities you and your family have. It may be linked to the role they play within the family or as part of their job.- Add all the things that have made you happy or you have enjoyed, or learnt over this period of time. Set a date in the future to look back on them.- Research team building activities online and try and complete as many as you can with your family and reflect on how you worked as a team.
<p><u>General</u></p>	<ul style="list-style-type: none">- It is likely that you and your family will feel a



reminders
and
activities

wide range of emotions at this time and discussing these and ways we can manage or address these feelings is really important. Try discussing when you have felt various emotions and what activities you may do to improve your mood, if necessary, or how you will share these feelings with others.

- This time may mean you can be even more helpful around the home by supporting with younger siblings or taking on household chores. You can learn so many life skills by supporting the adults in your home too.
- Learn about your parents/carers jobs. How have they had to adapt to working differently and how can you support them?
- Make plans for what you would like to do but also the activities you have enjoyed as a family that you wish to continue moving forward.
- Ensure you balance your time between work, rest and fun and to stay physically and mentally healthy by eating well, exercising and going outside where possible.
- BBC Bitesize has a weekly Well-Being lesson for each Year Group, where you can learn through short videos and activities.